**Valerie Adams**

* Valerie Adams was born on 6 October, 1984, in Rotorua.
* She first began competing aged 14 years, after taking part in a school competition and being seen by Kirsten Hellier, later her coach.
* Her Tongan mother died from cancer when Valerie was 16 .
* In 1999 she competed in her first World Youth Championships, finishing in tenth place.
* Two years later in 2001 Valerie won gold at the World Youth Championships in Hungary.
* In 2002 Valerie was first in the World Junior Track and Field Championships in Kingston, Jamaica, throwing 17.73m and then went on to win silver at the Manchester Commonwealth Games, with a throw of 17.45m.
* Valerie attended her first Olympic Games in Athens in 2004, just a month after being operated on for appendicitis. In the qualifying rounds Valerie finished in ninth place, missing the cut for the final. One of the finalists later failed a drugs test, which brought Valerie into eighth place.
* Valerie married New Caledonian discus thrower Bertrand Vili in late 2004.
* In December 2004, Valerie (now Vili) broke Val Young’s New Zealand record of 17.26m, which Young threw at the 1964 Olympic Games in Tokyo. Valerie threw 19.29 m, becoming the first New Zealand woman to break the 19 metre barrier.
* Valerie came third in the 2005 world championships in Helsinki with a throw of 19.62 m, and in January 2005 was named Athlete of the Year by Athletics New Zealand. She was also nominated for the Halberg Sportswoman of the Year award.
* Heading to the Melbourne Commonwealth Games in March 2006, Valerie was ranked at no. 2 in the world. Before the games, she threw a personal best of 20.20m at the national track and field championships in Christchurch in January 2006, setting new Oceania and Commonwealth records.
* In Melbourne, Valerie was well ahead of the field, throwing a winning distance of 19.66m in the second round to take the gold medal.
* Valerie has held a job as assistant sports coordinator at Macleans College since 2003, finding it balances well with her training.
* She was coached for many years by Kirsten Hellier who was a Commonwealth Games javelin silver medallist. Hellier says that Valerie is the perfect natural athlete for the shot put, with the strength and physique (she is 6 ft 4 in tall), an amazingly competitive temperament, and the mental ability to perform well.
* In 2008 Valerie Adams won the gold medal in the shotput at the Beijing Olympic Games.
* Vili won the Supreme Halberg Award for the third time in 2009 — the first woman to do so. Her achievement is only matched by rower Rob Waddell.
* In 2010 she won the gold medal in the shotput at the Delhi Commonwealth Games.

 **Che Fu**

**Che Fu** [MNZM](http://en.wikipedia.org/wiki/New_Zealand_Order_of_Merit) is a New Zealand [Hip hop](http://en.wikipedia.org/wiki/Hip_hop_music)/[R&B](http://en.wikipedia.org/wiki/R%26B) and [Reggae](http://en.wikipedia.org/wiki/Reggae) recording artist and producer.[[2]](http://en.wikipedia.org/wiki/Che_Fu#cite_note-stuff_honoured-1) Originally one part of the band [Supergroove](http://en.wikipedia.org/wiki/Supergroove), as a solo artist he has gone on to sell thousands of albums both in [New Zealand](http://en.wikipedia.org/wiki/New_Zealand) and internationally, including in [Australia](http://en.wikipedia.org/wiki/Australia) and the [UK](http://en.wikipedia.org/wiki/UK).

**History** Fu is one of [New Zealand](http://en.wikipedia.org/wiki/New_Zealand)'s most successful male vocalists.[[*citation needed*](http://en.wikipedia.org/wiki/Wikipedia:Citation_needed)] He began his music career at [Western Springs College](http://en.wikipedia.org/wiki/Western_Springs_College) with a group of friends in forming the Low Down Dirty Blues Band, which went on to change their name to [Supergroove](http://en.wikipedia.org/wiki/Supergroove).[[2]](http://en.wikipedia.org/wiki/Che_Fu#cite_note-stuff_honoured-1) While a member of Supergroove, Fu went by his birth name, Che Ness.

Supergroove's award-winning debut album [*Traction*](http://en.wikipedia.org/wiki/Traction_(album)) went triple platinum in New Zealand. Supergroove struggled with the success of Traction, and soon altered their musical style. Follow-up EP Tractor introduced a heavy rock influence, and although Ness was still a band member, his interest in hip-hop and reggae was running against the evolution of Supergroove. Before recording their second and final album, Backspacer, Supergroove significantly altered their line-up. Ness was one of three casualties and turned his attentions to hip-hop.

One of Fu's early hip-hop shows was billed as "Che-Fu", a take on [kung-fu](http://en.wikipedia.org/wiki/Kung-fu). Although not originally intended as a new name to record under, it stuck. The hyphen seems to come and go - it is used on one of three album covers. Within weeks of leaving Supergroove, Fu was invited to record a single with DJ [DLT](http://en.wikipedia.org/wiki/DLT_(musician)). The result, *Chains*, focussed on [French nuclear tests in the South Pacific](http://en.wikipedia.org/wiki/Mururoa#Nuclear_testing), and was a New Zealand number 1.

In 1998 Fu released his debut solo album [*2b S.Pacific*](http://en.wikipedia.org/wiki/2b_S.Pacific) with [BMG](http://en.wikipedia.org/wiki/BMG). At the 1997 [New Zealand Music Awards](http://en.wikipedia.org/wiki/New_Zealand_Music_Awards) he received the single of the year, songwriter of the year and male vocalist of the year awards. He then signed to [Sony Music](http://en.wikipedia.org/wiki/Sony_Music) and began work for his next album [*Navigator*](http://en.wikipedia.org/wiki/Navigator_(Che_Fu_album)) released in 2001. He also formed an eight piece live band called The Krates. 2005's [*Beneath the Radar*](http://en.wikipedia.org/wiki/Beneath_the_Radar) was led out by singles *2D* and *Lightwork*. He has now released a Best Of album Hi-Score: The Best Of Che-Fu.

Fu is the son of Miriama, and one New Zealand's founding [reggae](http://en.wikipedia.org/wiki/Reggae) musicians, Unity Pacific ([Tigilau Ness](http://en.wikipedia.org/wiki/Tigilau_Ness" \o "Tigilau Ness)).[[2]](http://en.wikipedia.org/wiki/Che_Fu#cite_note-stuff_honoured-1) Tigilau is a full-blooded [Niuean](http://en.wikipedia.org/wiki/Niue) who came from the village of [Mutalau](http://en.wikipedia.org/wiki/Mutalau). Fu is half [Māori](http://en.wikipedia.org/wiki/M%C4%81ori_people), half [Niuean](http://en.wikipedia.org/wiki/Niue). He and wife Angela McDonald have a son Loxmyn.[[2]](http://en.wikipedia.org/wiki/Che_Fu#cite_note-stuff_honoured-1) Fu and Angela got married at [Uluvehi](http://en.wikipedia.org/w/index.php?title=Uluvehi&action=edit&redlink=1), [Mutalau](http://en.wikipedia.org/wiki/Mutalau), [Niue](http://en.wikipedia.org/wiki/Niue) on Thursday 28 April 2011, they have 4 sons.

In 2008, Fu teamed up with the Glass Packaging Forum to promote glass recycling with youth. They hosted a competition for 9 to 15 year olds to write rap lyrics to encourage recycling, and the winner would record their lyrics with Fu.[[3]](http://en.wikipedia.org/wiki/Che_Fu#cite_note-2)

**[**[**edit**](http://en.wikipedia.org/w/index.php?title=Che_Fu&action=edit&section=2&editintro=Template:BLP_editintro)**] Awards**

* [1997](http://en.wikipedia.org/wiki/1997_in_New_Zealand#Music) [New Zealand Music Awards](http://en.wikipedia.org/wiki/New_Zealand_Music_Awards) - Winner of "Single of the Year", "Songwriter of the Year", and "Male Vocalist of the Year".[[2]](http://en.wikipedia.org/wiki/Che_Fu#cite_note-stuff_honoured-1)
* [2002](http://en.wikipedia.org/wiki/2002_in_New_Zealand#Music) [New Zealand Music Awards](http://en.wikipedia.org/wiki/New_Zealand_Music_Awards) - Winner of "Top Male Vocalist", "R&B and Hip-Hop", "People's Choice Award", "Single of the Year" and "Album of the Year".
* 2009 Member of the [New Zealand Order of Merit](http://en.wikipedia.org/wiki/New_Zealand_Order_of_Merit) [[2]](http://en.wikipedia.org/wiki/Che_Fu#cite_note-stuff_honoured-1)

**With Supergroove**

* *Traction* (1994)
* *Postage - The Best Of* (2003)
* **Solo**
* [*2b S.Pacific*](http://en.wikipedia.org/wiki/2b_S.Pacific) (1998)
* [*Navigator*](http://en.wikipedia.org/wiki/Navigator_(Che_Fu_album)) (2001)
* [*Beneath the Radar*](http://en.wikipedia.org/wiki/Beneath_the_Radar) (2005)
* [*Hi-Score - The Best Of Che Fu*](http://en.wikipedia.org/wiki/Hi-Score_-_The_Best_Of_Che_Fu) (2006)

[](http://en.wikipedia.org/wiki/File:Keven_Mealamu.jpg)**Keven Mealamu**

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**Keven Mealamu** (born 20 March 1979 in [Tokoroa](http://en.wikipedia.org/wiki/Tokoroa), [Waikato](http://en.wikipedia.org/wiki/Waikato), [New Zealand](http://en.wikipedia.org/wiki/New_Zealand)) is a [New Zealand](http://en.wikipedia.org/wiki/New_Zealand) [rugby union](http://en.wikipedia.org/wiki/Rugby_union) footballer. He plays at [hooker](http://en.wikipedia.org/wiki/Hooker_(rugby_union)) for the [Blues](http://en.wikipedia.org/wiki/Blues_(rugby_club)) in [Super Rugby](http://en.wikipedia.org/wiki/Super_Rugby), [Auckland](http://en.wikipedia.org/wiki/Auckland_RFU) in the [National Provincial Championship](http://en.wikipedia.org/wiki/National_Provincial_Championship), and the New Zealand national team, [All Blacks](http://en.wikipedia.org/wiki/All_Blacks).

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**Early career**

He is a former student of [Aorere College](http://en.wikipedia.org/wiki/Aorere_College), where his brother and former Manu Samoa player Luke Mealamu currently works as a social worker. He played as a [flanker](http://en.wikipedia.org/wiki/Flanker_(rugby_union)) for New Zealand Under-16s and New Zealand Schools before switching to [hooker](http://en.wikipedia.org/wiki/Hooker_(rugby_union)) in 1998.

**Professional Career and the All Blacks**

He made his debut for the [All Blacks](http://en.wikipedia.org/wiki/All_Blacks) on 23 November 2002, against [Wales](http://en.wikipedia.org/wiki/Wales_national_rugby_union_team) at [Millennium Stadium](http://en.wikipedia.org/wiki/Millennium_Stadium) in [Cardiff](http://en.wikipedia.org/wiki/Cardiff). Mealamu's provincial rugby debut was for Auckland in 1999. He first played for the [Blues](http://en.wikipedia.org/wiki/Auckland_Blues) in 2000, but had a stint with the [Chiefs](http://en.wikipedia.org/wiki/Waikato_Chiefs) in 2002 – the same year he debuted for the All Blacks. Mealamu also made a fine contribution to the start of the All Blacks' [2006 Tri Nations campaign](http://en.wikipedia.org/wiki/2006_Tri_Nations_Series) with two tries against the [Wallabies](http://en.wikipedia.org/wiki/Australia_national_rugby_union_team) during the first match. Mealamu captained the Blues through their 2006 Super 14 campaign, but was forced to relinquish the captaincy in 2007 due to his commitments to the All Blacks. Mealamu was made test captain in the test match against [Scotland](http://en.wikipedia.org/wiki/Scotland_national_rugby_union_team) during the All Blacks 2008 Grand Slam tour, as regular captain [Richie McCaw](http://en.wikipedia.org/wiki/Richie_McCaw) was a reserve for that match. He was a part of New Zealand's 2011 Rugby World Cup winning squad.

**Controversy**

Mealamu and All Blacks captain, [Tana Umaga](http://en.wikipedia.org/wiki/Tana_Umaga), were involved in an incident in the first test of the [Lions tour to New Zealand](http://en.wikipedia.org/wiki/2005_British_and_Irish_Lions_tour_to_New_Zealand) on 25 June 2005. In the first minute of the Test, Mealamu and Umaga combined to upend [Lions](http://en.wikipedia.org/wiki/British_and_Irish_Lions) captain [Brian O'Driscoll](http://en.wikipedia.org/wiki/Brian_O%27Driscoll) in a controversial post-[ruck](http://en.wikipedia.org/wiki/Rugby_union_gameplay#Ruck) clean-out. The clean-out resulted in O'Driscoll dislocating his shoulder, necessitating surgery and causing him to miss the rest of the tour. O'Driscoll and Lions management characterized the incident as a "deliberate [spear tackle](http://en.wikipedia.org/wiki/Spear_tackle)".[[1]](http://en.wikipedia.org/wiki/Keven_Mealamu#cite_note-0) The independent citing commissioner found that neither Mealamu nor Umaga had a case to answer at the time due to inconclusive evidence,[[2]](http://en.wikipedia.org/wiki/Keven_Mealamu#cite_note-1) but after viewing new amateur footage of the incident, Greg Thomas, communications manager for the sport's governing body, the [International Rugby Board](http://en.wikipedia.org/wiki/International_Rugby_Board) (IRB), described the tackle as "unacceptably dangerous" and stated that IRB was instructing referees to suspend players for three to six months for such offenses.[[3]](http://en.wikipedia.org/wiki/Keven_Mealamu#cite_note-2) After the controversy, Mealamu's reputation was reinforced by his exceptional play during New Zealand's triumphant [2005 Tri Nations campaign](http://en.wikipedia.org/wiki/2005_Tri_Nations_Series) in which he scored the key winning try and bonus point against the [Springboks](http://en.wikipedia.org/wiki/Springboks) in [Dunedin](http://en.wikipedia.org/wiki/Dunedin). He also scored a match-winning try against England later that year in [Twickenham](http://en.wikipedia.org/wiki/Twickenham_stadium) on 19 November.

Following a test match against England at Twickenham on 6 November 2010, Mealamu was cited by the independent citing commissioner (John West, Ireland) for headbutting [Lewis Moody](http://en.wikipedia.org/wiki/Lewis_Moody).[[4]](http://en.wikipedia.org/wiki/Keven_Mealamu#cite_note-3) He was found guilty by Professor Lorne Crerar and given a 4 week ban (compared to the 9 week ban given to South African lock Bakkies Botha for a similar butting offence in July 2010). On appeal this was reduced to two weeks. The appeal panel (Peter Ingwersen of South Africa, Robert Williams of Wales and Jean Noel Couraud of France) issued a statement saying "Although [we] upheld the original decision that there had been an act of foul play, having had the opportunity to review the video footage, [we] concluded that the act was not intentional and that it merited a lower-end entry point in the IRB list of sanctions, namely four weeks. In view of the compelling mitigating factors and the absence of aggravating factors, this was reduced to two weeks."